



# Hong Kong College of Paediatricians NEWSLETTER

## December 2015

Editors: Prof. Leung Nai Kong, Drs Albert Martin Li, Winnie Tse, Chris Woo

Published by the Hong Kong College of Paediatricians

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## Message from the Editors

Our annual event, the Annual General Meeting was just held earlier this month. We will have a detailed account on the AGM in this issue of the Newsletter. On behalf of the House Committee, we would like to wish everyone an enjoyable and blessed Christmas and a happy and healthy New Year.

## President's speech at Fellowship conferment ceremony on 5 December 2015

Dr Donald Li; Dr Ko Wing Man; Prof Lau Wan Yee; Dr SV Lo; Dr the Honorable Leung Ka Lau; Presidents and representatives of our sister Colleges; Fellows, Members, Associates; Distinguished guests, ladies and gentlemen, good evening.

On behalf of the Hong Kong College of Paediatricians, I thank you for coming and celebrating with us the 24<sup>th</sup> Annual Fellowship Conferment Ceremony of our College.

This is a joyful and memorable moment for our new Fellows who have completed at least 6 years of paediatric training and passed all the examinations required for the Fellowship of the Hong Kong College of Paediatricians. I would like to offer to our new Fellows my heart-felt congratulation, and my congratulation also extend to your family members, friends and colleagues who have given you support throughout your long training years. You will now enter into a new stage of your professional life and, as a Specialist in Paediatrics, you will use the knowledge, skills and competences you have acquired to provide the best care to your patients.

When I asked many new Fellows what their future plans are, I almost always got the answer: "I plan to join a subspecialty team". This is understandable since the current mode of our practice, at least in hospital setting, depends a lot on subspecialty teams. Moreover the College is actively accrediting subspecialties in preparation for the coming Hong Kong Children's Hospital. Some young Fellows may also think that working in a subspecialty in the Children's Hospital confers a higher level of expertise or excellence in their practice.

However, I must point out that our health care system needs a well-balanced workforce of general paediatricians and subspecialists. We need subspecialists working in the Children's Hospital to provide expert care to children with complex diseases, but we also need more general paediatricians in the Regional Hospitals to provide step-down care and secondary paediatric services, and we need community paediatricians to provide primary and preventive care to our childhood population. Whether working in the Children's Hospital or other hospitals or clinics, all paediatric colleagues are equally important and they are just performing different roles in our health care system.

Whatever career path one chooses, I would encourage our new Fellows to keep and demonstrate the unique attributes of a paediatrician: that is always take an interest in the child's psychosocial development, and to consider how his family, school and friends affect his psychological well-being and physical illness.

For the past few years, we have witnessed the conception and gradual development of the new Children's Hospital. Like many expectant parents, we earnestly look forward to its successful delivery in 2018. We would be much disappointed if it turns out to be a malformed baby with only the heart, the kidneys and blood because we hope it is a healthy baby with well-balanced development, strong in every organ-systems. From a more general perspective, our College has the duty to point out that we should not concentrate only on services in the Children's Hospital, but should take this opportunity to revamp and build a seamless territory-wide child health service. We have to break down the barriers between different hospitals, between the Hospital Authority and Department of Health, and the public and private sectors. The Children's Hospital should also be prepared to be the main training ground of paediatric excellence, and we need to have an adequate number of training posts in it. With the Children's Hospital taking the lead, this is an excellent opportunity to organize territory-wide research networks. We wish that our government can take the lead to promote translational research for the benefits of our children in Hong Kong, through maximizing the role of the research capacity of the HK Children's Hospital. We need strong government support at the policy level.

The primary duty of the College is to ensure that our graduates have fulfilled the training and competence to deliver quality care to their patients in whatever posts they have chosen. Thus after achieving the broad-based training in general paediatrics, we should develop CPD opportunities for our new Fellows to equip them with the specific skills needed depending on their preferred career path.

We should not only concentrate on subspecialty accreditation and training, but also should make our training and accreditation system more flexible to prepare paediatricians to serve our childhood population in their intended posts. For instance, we need general paediatricians with an interest in several subspecialties to provide triage and step down care to subspecialty patients. Thus in addition to developing the full 3-year curricula for a subspecialty, perhaps we should run shorter courses for these paediatricians with special interests in the Regional Hospitals. We should also duly recognize their experience and contribution.

Whatever the future health care system for children, the over-riding principles are that every child should receive care by a professional with adequate training in paediatrics, that every child should receive the same level of care regardless of his/her home location, and the ultimate test is whether our patients will receive better care compared to our current system. This requires good service networking, triage of patients and transport system, and I hope we can gradually achieve this system in the near future.

There are certainly a lot of things for our College to do, and we need the concerted effort of all members and other child health professionals. I am glad that I can hand over this daunting task to more able hands of our new President Prof Lau. With his immense ability and visionary leadership, I am sure he will lead our College to new heights in terms of service, training and research.

Once again, I congratulate our new Fellows for your success in completing your training, and I also thank our guests and colleagues for attending this meaningful conferment ceremony to witness and share their happiness. Thank you for your attention.

Dr Wong Sik Nin  
President

# **24<sup>th</sup> Annual General Meeting, Fellows Conferment Ceremony and Annual Dinner on 5 December, 2015**

The 24<sup>th</sup> Annual General Meeting was held successfully on 5 December, 2015 at Lim Por Yen Theatre of the Hong Kong Academy of Medicine Jockey Club Building. The minutes of the 23<sup>rd</sup> AGM held on 6 December, 2014 and of the EGM held on 26 April 2015 were adopted. A special resolution of the amendment of Memorandum and Articles of Associations was endorsed. The amended M&A is available for members' reference in College Website.

There was an election of the Office Bearers. Prof Lau Yu Lung, Dr Tse Wing Yee, Dr Patrick Ip and Dr Lau Wai Hung were elected *ipso facto* to be the College President, Vice President, Honorary Secretary and Honorary Treasure respectively for a term of three years (2015-2018). Mr. Kenneth Sit was appointed as the College's Honorary Legal Advisor and Walter Ma & Co. Auditor respectively.

The 2016 subscription fees would remain the same as in 2015 as follows: HK\$1,800 for Fellows, HK\$900 for Overseas Fellows, HK\$1,200 for Members, HK\$600 for Overseas Members and HK\$600 for Associates. The subscription fee for paediatricians aged 65 or above before 1<sup>st</sup> Jan., 2016 would continue to be waived.

The Annual General Meeting was followed by the Admission Ceremony of the New Members and conferment of New Fellows.

The highlight of the day was certainly the Annual Dinner attended by more than 120 members of the College and guests. We are indebted to Dr. Donald Li, President of the HK Academy of Medicine, Dr. Ko Wing Man, SFH of the HKSAR Government, Dr SV Lo, Director (Strategy & Planning) of the Hong Kong Hospital Authority, the Hon. Dr. Leung Ka Lau, LegCo Member, the Presidents and representatives of Sister Colleges and statutory organizations, who showered grace to our days' events with their presence and blessings.

With the New Year ahead, we look optimistically to the future of our College as we make bold strides on together.

## **Announcement from the College Council**

### **Healthy Eating Resource Pack for Parent Education**

Please see appendix 1 (announcement from Family Health Service on availability of posters for promoting education on breastfeeding and healthy eating of young children). Since healthy eating habits are important for children to benefit most from breast feeding and to avoid later feeding problems such as obesity, picky eating and over-reliance on formula milk instead of normal family meals, College Council has decided to support FHS to send this announcement to all members. We hope members can make use of these education materials when counseling parents, for the ultimate benefit of our children.

## **Notice from the Honorary Treasurer**

### **All Fellows/Overseas Fellows/Members/Overseas Members/Associates Year 2016 Annual Subscription**

It is time again to call for payment of the Hong Kong College of Paediatricians subscription for 2016. Please send in your cheque to the College for your annual subscription with fee structures as follows:

- (1) HK\$1,800 for Fellows
- (2) HK\$900 for Overseas Fellows who have applied for and been granted overseas status by the College.
- (3) Fellows, Members and Associates over the age of 65 before 1 January 2016 be exempted from paying their annual subscription fee (i.e. Date of Birth on or before 31 Dec 1950).
- (4) HK\$1,200 for Members
- (5) HK\$ 600 for Overseas Members who have applied for and been granted overseas status by the College.
- (6) HK\$ 600 for Associates

Please make your cheque payable to “**Hong Kong College of Paediatricians**” and send it to me at the following address **on or before 31 January 2016**. To facilitate our sending a receipt to you later, please also have **your full name, address and telephone number** quoted at the back of the cheque.

**Dr Lau Wai Hung**  
**Honorary Treasurer**  
**Hong Kong College of Paediatricians**  
**Room 801, Hong Kong Academy of Medicine Jockey Club Building**  
**99 Wong Chuk Hang Road**  
**Aberdeen**  
**Hong Kong**

## **Announcement from Scientific & Research Subcommittee Announcing the 2015 Best Dissertation Prize and 2015 Best Young Investigator Prize winners**

We are pleased to announce the recipients of the following prizes.

The 2015 Best Dissertation Prize:

- Dr Tso Wan Yee, Winnie (QMH) for the paper entitled “*Sleep duration and school readiness of Chinese children*”

The 2015 Best Young Investigator Prize:

- Dr Chan Ching Ching Kate (CUHK) for the paper entitled “*Endothelial Function in Children with OSA and the effects of adenotonsillectomy*”

These prizes recognize excellence in research and scientific studies by our young colleagues. Congratulations to our 2015 winners! These prizes were presented at the College Annual Dinner on 5<sup>th</sup> December 2015.

## **Announcement from Membership Committee** **The following doctors were approved to join the College as Associates.**

1. Law Hiu Fung
2. Lau Wai Yin, Shirley
3. Wong Wai Chung
4. Wong Wai Kin

5. Hoo Pui Lun, Calvin
6. Wong Wai Yu
7. Lai Sin Ting
8. Wong Chi Hang
9. Poon Wing Yiu, Sarah
10. So Chi Tak, Enoch
11. Tsoi Chi Hei, Kathleen
12. Wong Kin Lok
13. Leung Po Yee
14. Tsang Ho Yin

**The following doctors were recommended for elevation to Membership.**

1. Cheng Ying Wai
2. Liu King Shun
3. Cheng, James Wesley Ching-hei
4. Bao Wing Kan, Julianna

## **Announcement from Examination Committee**

### **Results of recent examinations**

<b>Date</b>	<b>Examination</b>	<b>Pass / No. of sittings</b>	<b>Pass rate</b>
15 September 2015	MRCPCH Applied Knowledge in Practice Exam	3/4	75%
6 October 2015	MRCPCH Foundation of Practice, Theory and Science Exam		
	Foundation of Practice	24/34	71%
	Theory and Science	10/17	59%
27-28 October 2015	MRCPCH Clinical	7/22	31.8%

### **Reduction of Theory Examinations**

From 2016 onwards, the Hong Kong centre will hold each of the MRCPCH theory examinations, namely Foundation of Practice and Theory & Science Examination (FOP/TAS) and Applied Knowledge in Practice Examination (AKP), **two** times per year.

The June FOP/TAS examination and the January AKP examination will not be held in Hong Kong.

### **Clinical Attempts Restriction**

Within 7 years from the date a candidate passed **all** of the theory examinations, namely Foundation of Practice, Theory & Science and Applied Knowledge in Practice, the candidate can have unlimited attempts at the Clinical examination.

If the candidate is not able to pass the Clinical examination within the seven years, he/she has to re-sit the Applied Knowledge in Practice examination in order to take the Clinical examination again.

## CME Category A Activities

Listed below are CME Category A activities organized by the HKCPaed, various paediatric societies and institutions, and selected paediatrics-focused topics. For the complete list of Category A activities, including continuous courses, and Category B activities, please refer to the homepage of the HKCPaed. The accuracy of the information has been checked according to the details submitted by the responsible organizers. The information below is abstracted from the College Web site on 16 Dec., 2015. *Members and fellows are reminded to contact the enquiries listed below for last-minute alternations.*

<b>Dec. 2015</b>		
16 Dec	Topic:	<b>Multi-disciplinary Intractable Epilepsy Program in Tuen Mun Hospital</b>
	Venue:	Queen Elizabeth Hospital
	Time:	18:30-19:30
	Speaker:	Dr. Chan Wai Kwong, Mario
Cat. A 1 pt	Organizer:	Paediatric Neurology Association of HK (PNAHK)
	Coordinator:	Dr Ma Kam Hung
	Enquiry:	Tel: 51457621

16 Dec.	Topic:	<b>HKSSM Seminar – Sleep Disordered Breathing in Children</b>
	Venue:	Seminar Room 2, HA Head Office
	Time:	19:00 - 20:00
	Speaker:	Dr. Chau Kin Wai
Cat. A 1 pt	Organizer:	The HK Society of Sleep Medicine
	Coordinator:	Dr. Lee Shing Hang, Derek
	Enquiry:	Tel: 63863389

16 Dec.	Topic:	<b>Simulation Workshop on Pediatrics / Neonatal Resuscitation</b>
	Venue:	2/F., Clinical Simulation Training Centre of HKEC Training Centre
	Time:	13:30-15:30
	Speaker:	Various
Cat. A 2 pts	Organizer:	Pamela Youde Nethersole Eastern Hospital
	Coordinator:	Ms. Choi Sau Sau
	Enquiry:	Tel: 25956410

17 Dec.	Topic:	<b>Baby-friendly in Neonatal Unit</b>
	Venue:	Queen Mary Hospital
	Time:	9:00-10:00
	Speaker:	Various
Cat. A 1 pt	Organizer:	Queen Mary Hospital
	Coordinator:	Ms. S. Y. Chung
	Enquiry:	Tel: 22551818

19 – 20 Dec.	Topic:	<b>2015 HA BF Conference “Breastfeeding Promotion in Hong Kong: Managing the Challenges”</b>
	Venue:	Lecture Theatre, M/F, HA Building
	Time:	Day 1: 9:15 – 17:00 / Day 2: 9:15 – 12:15
	Speaker:	Various
Cat. A 6 pts. (Day 1) / 3 pts (Day 2)	Organizer:	Hospital Authority
	Coordinator:	Ms. Christine Lam
	Enquiry:	<a href="mailto:lamco@ha.org.hk">lamco@ha.org.hk</a> / Fax: 35066881

<b>Jan. 2016</b>		
7 – 9 Jan.	Topic:	<b>Multi-disciplinary Management of Brain Tumors in Children and Adults</b>
	Venue:	Queen Elizabeth Hospital (Day 1) / Princess Margaret Hospital (Day 2) / Prince of Wales Hospital (Day 3)
	Time:	Day 1 & 2: 9:00-18:00 / Day 3: 9:00- 13:15
	Speaker:	Various
Cat. A 6 pts each (Day 1 & 2) / Cat. A 4 pts. (Day 3)	Organizer:	Hospital Authority
	Coordinator:	Ms. Maggie Lee
	Enquiry:	Tel: 23006256

9 Jan.	Topic:	<b>The 4<sup>th</sup> HKU Symposium: Update on Clinical Genetics – Newborn Screening</b>
	Venue:	Lecture Theatre 4, Cheung Kung Hai Conference Centre, William MW Mong Block
	Time:	9:10-17:15
	Speaker:	Various
Cat. A 6 pts	Organizer:	The Hong Kong University
	Coordinator:	Ms. Kaman Ho
	Enquiry:	Tel: 25068496

13 Jan.	Topic:	<b>Seminar on Management of Common Breastfeeding Problems: What Primary Care Doctors Need to Know and Practice?</b>
	Venue:	Dr. Li Shu Pui Professional Education Centre, 2/F., Chinese Club Building, Central
	Time:	13:00-15:00
	Speaker:	Dr. Fung Wai Han, Amy
Cat. A 1 pt	Organizer:	HKMA
	Coordinator:	Ms. Hana Yeung
	Enquiry:	Tel: 25278285

Dear Paediatricians,

Optimal Infant and Young Child Feeding (ICYF) together with responsive parenting, nurture the developing babies and build the cornerstone for robust long-term health benefits for the mother-infant dyad. Various studies have revealed that mothers & families appreciate consistent evidence-based advice and compelling health education resources from healthcare professionals, especially on their decisions on ICYF and breastfeeding.

In this regard, Family Health Service of Department of Health has collaborated with the key stakeholders like Hospital Authority and Baby Friendly Hospital Initiative Hong Kong Association to develop a series of new health educational (HE) resources on ICYF and breastfeeding for distribution to expectant parents, new parents and the public. It deemed beneficial for the dissemination of credible HE resources to clients, expectant parents & new parents **through health care facilities and professionals.**

It is thus our pleasure to share with you a **handy HE resource pack for distribution to paediatricians, obstetricians and primary care doctors, MCHCs, public and private hospitals in late 2015.**

The handy pack contains:

(1) **3 QR code posters** with a list of key HE resources on breastfeeding, transitional feeding and parenting:

- The QR code posters can be displayed in the waiting rooms of hospitals and clinics.
- Clients & patients can freely download the resources using the QR Code scanner of their smart phones and mobile devices.

(2) a 3-year-calendar for healthcare professionals as a souvenir, including:

- **key health messages** such as feeding cues & diaper adequacy of newborns, nutrition during pregnancy
- **References** on medication use during lactation, such as LactMed & UKDILAs & reference book.

We would like to solicit your kind collaboration in:

1. **getting your free copy of HE resource pack** (3 Posters + 1 Calendar):

Please kindly **provide your address / contacts to the following:**

**rnhis\_fhs1@dh.gov.hk** or fax (2574 8977) (Get copy of HE resource pack, attn: Ms Anna WU) or call our Nursing colleague **Ms ANNA Wu** (tel. 37960866), and the sets will be mailed to your office.

- Links to the posters for free download if needed:
  1. **The QR Code poster on BF resources :**  
[http://share.fhs.gov.hk/QR\\_Code\\_Poster\\_on\\_BF\\_resources\\_2015.10.pdf](http://share.fhs.gov.hk/QR_Code_Poster_on_BF_resources_2015.10.pdf)
  2. **The QR Code poster on healthy eating booklets (6-24 months):**  
[http://share.fhs.gov.hk/QR\\_Code\\_Poster\\_on\\_healthy\\_eating\\_booklets\\_2015.10.pdf](http://share.fhs.gov.hk/QR_Code_Poster_on_healthy_eating_booklets_2015.10.pdf)
  3. **The QR Code poster on child health and parenting booklets :**  
[http://share.fhs.gov.hk/QR\\_Code\\_Poster\\_on\\_child\\_health\\_booklets\\_2015.10.pdf](http://share.fhs.gov.hk/QR_Code_Poster_on_child_health_booklets_2015.10.pdf)

2. promoting the HE resources by **displaying the QR code Posters in the waiting halls**

Dr. Rachel CHENG  
The Secretariat, Working Group on Community Support for Breastfeeding  
Family Health Service,  
Department of Health.  
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